FALL 2009 SIFE REVIEW

by Steve Marchitte, SIFE Vice President of Marketing

The HC SIFE team had a great and successful first semester. All projects are successfully completed and the SIFE team will now be advancing to the regional competition in Cleveland, Ohio.

The presentation team consists of six outstanding performers: Jon Clark, President; Steve Marchitte, Vice President of Marketing; Emili Ripley, Vice President of Finance; Katrina Mathewson, Vice President of Human Resources; Jayne Rhein, 2-time presenter; and Mike Gabor, long-time SIFE member.

HC SIFE has been extremely successful at these competitions and placed seven years in a row. This year, the HC SIFE team plans to continue their “winning streak” and advance to the national competition.

S.A.D.D. CLUB VISITS ST. LUKE’S MISSION OF MERCY

On Dec. 12, Hilbert College’s S.A.D.D. Club visited St. Luke’s Mission of Mercy in the inner city of Buffalo. St. Luke’s Mission of Mercy does not receive money from the government or the diocese. The ministry depends on donations, both big and small. St. Luke’s Mission of Mercy serves lunch and dinner to all who come to the kitchen in the basement of their school. The Mission also provides housing for many homeless people. In addition, there are two residences with structured programs for men with addictions (Good Shepherd Residence) and young high school-aged men who are in need (Don Bosco House). St. Luke’s Mission helps the community in any way it can. The S.A.D.D. Club visited St. Luke’s to help assist with the Christmas Toy Drive. St. Luke’s runs a major toy sign-up and give-away each year for people living in the neighborhoods surrounding St. Luke’s. Parents can come and sign up their children to receive a couple of new toys to give to their children at Christmas. The adults specify the ages and genders of their children and then volunteers attempt to match these with appropriate gifts from the new toys.

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SIFE SERVICE ISSUE

REFLECTIONS ON SERVICE TRIP TO DOMINICAN REPUBLIC

by Jayne Rhein

Our service trip to the Dominican Republic is an experience I will never forget. My role during this trip was to help paint, repair, and plant gardens for the many women in the Micro loan program.

These women are aspiring entrepreneurs who run their small businesses out of their homes. They all work very hard and it is easy to see that the little work that we do to help improve their business is a huge step forward. I also held the role as the leader of the Suckers for SIFE program for a six-grade class. I translated the lesson packet so we could teach the children about Suckers for SIFE and they too could learn about running their own small business.

During the trip I learned how to work better with others. Most people in the Dominican Republic have very little and to ensure that we helped them as much as possible, our SIFE team had to organize themselves and work to the best of their abilities.

CAMPUS WELLNESS CENTER NAMED IN HONOR OF CAPPUCINO FAMILY

Dedication Ceremony Held Feb. 8

Hilbert College’s newly opened campus wellness center, created to address a need to expand student services to accommodate the college’s largest ever residential population, was named the Cappuccino Family Wellness Center in recognition of a generous gift from local husband-wife physicians Dr. Andrew G. and Dr. Helen H. Cappuccino. A dedication ceremony was held at 5:30 p.m. Feb. 8 in the wellness center on the first floor of St. Joseph Hall, Hilbert’s original residence building. A reception followed the ceremony. “We are very grateful to the Cappuccinos for their generosity and for helping us to achieve our goal of adding first-level wellness services at the college,” said Hilbert President Cynthia Zane, Ed.D. “Their gift has enabled us to renovate and transform the designated space into a campus-based center that focuses on enhancing the health and well-being of our students.”

Continued on page 7

Continued on page 10

Continued on page 3

Back Row, Left to Right: Kianna Porter, Diandra Cano, Patrick Winney; Front Row, Left to Right: Natalie Yoviene, Unique Phillips, Ashlynn Doria, Shannon Connor, Jessica Voglewede
CONTEST TALLY
(Complete Scores for Issue #6)

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TOTAL: 110
COMMUNITY ASSISTANT RECOMMENDATIONS ARE SOUGHT

Nominations for community assistants, who provide assistance, information, and support to Hilbert College resident students, are being accepted by the Office of Residence Life. Students with leadership potential who have earned a 2.5 cumulative GPA or better; are good role models; and possess a positive attitude are eligible to serve as CAS.

If you have a qualified student to recommend, e-mail Pamela Mendoza, assistant director of residence life, or call ext. 253.

Paula Witherell
Director, Public Relations

BANDS SOUGHT FOR COMPETITION

Local bands will showcase their talents in a Battle of the Bands competition at Hilbert College with the winner given the opportunity to perform for the college community at Hilbert’s annual spring Quad Party in April.

Hilbert’s Battle of the Bands competition will take place at 7 p.m. March 5 in the college’s William E. Swan Auditorium. Prizes will be awarded. Registration deadline is Feb. 23. Bands interested in participating should contact Jean MacDonald, director of student activities, at 926-8932 or e-mail jmcdonald@hilbert.edu.

Pauline Witherell
Director, Public Relations

H-FILES’ JOURNALISM CONTEST

Want to make $100? Or $75? Or $50? These are the three top prizes in The H-Files’ journalism contest, as distinct from the newspaper’s writing contest for most articles written.

There’s just one thing:

There’s only one more issue to go (#7) if you wish to be eligible for an award for the best article written among issues #1 through #7. A panel of judges is waiting to make its choices in April, several weeks after the seventh issue appears on March 12 right before Spring Break. The judges have been earmarking possible winners through the entire academic year, but because it only takes one article to win a top prize, you could write that article for the next issue.

Again, the top prize is $100. Second-place is $75, and—you guessed it—third place is $50. Any one of these could be a check with your name on it!

And . . . the top three prize-winners get their articles printed for a second time in the eighth and last issue of the spring semester, appearing on April 16. Write the article or editorial, and who knows—you could be cashing a check for $100!

H-FILES’ WRITING CONTEST

If The H-Files’ writing contest were over today, the contest tally on page two would identify the top ten winners, as of the first six issues of 2009-10. But the contest isn’t over. With two more issues left, it is possible to write up a storm and surge ahead for a surprise finale by issue #8. Remember, the top four prizes take the form of checks convertible to instant cash at your neighborhood bank. The remaining six prizes are Hilbert bookstore prizes from the Hilbert College Bookstore as shown before.

1st Prize: $100 check
2nd Prize: $75 check
3rd Prize: $50 check
4th Prize: $25 check
5th Prize: $20 Follett gift card
6th Prize: $18 Follett gift card
7th Prize: $15 Follett gift card
8th Prize: $10 Follett gift card
9th Prize: $7 Follett gift card
10th Prize: $5 Follett gift card

The first prize is sponsored by all Hilbert College academic departments, to whom many thanks are given for each department chair’s generosity. The second and third prizes are sponsored by The H-Files. Prize #4 is sponsored by the Hilbert College Bookstore, Follett Higher Education Group #0044. Prizes #5 through #10 also have college support.
UPCOMING STUDENT LIFE ACTIVITIES

Game Night: Who Knows Who Best?

Do you remember the The Newlywed Game? Here is your chance to come play in a spin-off of this classic game show. On Wednesday night, Feb. 17 at 9 p.m., Student Activities will host their own version of the game in the upper level of the Campus Center. So find a friend, roommate, or significant other to be your partner and come compete against other pairs to see who knows the most about each other.

Comedy Night with Matt Bergman

Alumnus Matt Bergman will be returning to his roots at Hilbert College to share his comedy on Wednesday night, Feb. 24, at 9 p.m. Matt has been performing at various clubs and colleges since his graduation from Hilbert. He has performed with comedians such as Dave Attell, Jeffrey Ross, Bill Burr, and John Lovitz. He also opened for the Comedy Central Live Tour. Come join Student Activities for a night of laughs! We look forward to seeing you there.

Snow Tubing at Colden Tubing Company with Student Activities

On Friday, Feb. 26, join Student Activities for an evening of snow tubing at Colden Tubing Company. The cost of the event is only $3. Make sure to stop by and sign up in the Student Activities Office. Shuttles will leave from the Campus Center at 4:30 p.m.

Hypnotic Intoxication with Keith Karhut

Join Student Activities for a night with hypnotist Keith Karhut on Wednesday, March 3, at 9 p.m. in the William E. Swan Auditorium. Keith Karhut has been practicing hypnosis for over twenty-one years. His first show took place while he was studying telecommunications at East Stroudsburg University in Northeast Pennsylvania. As a college student, Keith realized the true powers of the mind and how certain addictive substances affect it. For the next fifteen years, Keith concentrated his efforts on the entertaining aspect of hypnosis, performing approximately one hundred shows a year. While performing, he continued to study the powers that the mind truly has. After many of his shows he was asked about how the mind works and how addictive substances could be controlled through hypnosis. Keith then started working on many powerful inductions that could help people in many different ways.

Having worked as a faculty member at a Pennsylvania Vocational School Program, Keith has developed many presentations that help people explore the true powers of their subconscious mind. This program has led Keith to work with many corporations and relationship marketing companies. The program possibilities are only limited by the limitations of the subconscious. Keith has also worked with many high school and college athletic departments to help teams focus on their future success, helping players condition their minds as well as their bodies.

Jessica Looney, Graduate Assistant, Student Activities Office

CELEBRATING STUDENTS WITH A 4.0 GPA

Saturday, Jan. 23, 2010, began with sunshine, a warming trend, and a celebration in Franciscan Hall. The departments of Academic Services and Student Success-Retention celebrated the academic success of all full-time students who achieved a 4.0 GPA during the Spring, 2009, and/or Fall, 2009 semesters.

Christopher Holoman, Ph.D., provost and vice president for academic affairs, welcomed the students and their guests at attendance at the lunch that took place in the Franciscan Hall Atrium. Presentations were made by Kate Munroe, executive director of student success and retention, and Mich Sojda, director of academic services.

Fifteen students, along with their eleven guests, enjoyed lunch provided by Hallmark Services in the sun-filled atrium of Franciscan Hall. Following lunch, Dr. Holoman awarded each attending student a certificate recognizing his or her outstanding achievement. The fifteen students who attended were Tyler Alsbaugh, Ashley Blahowicz, Chelsie Chioldo, Rachel Dobiesz, Ashlynn Doria, Maggie Fage, Steven Goldsmith, Justin Longhi, Lauren Lukasiewicz, Ashley Madera, Shane Olivieri, Kaylee Omerhodzic, Jaymison Walter, Tom Wills, and Sarah Zablonski.

To conclude the event, Kristie Edwards, Hilbert Class of 2007, shared with the group a reflection on her experiences at Hilbert and the effects her education as a psychology major at Hilbert have had on her developing career.

Congratulations to all students who earned a 4.0 GPA for the Spring 2009 and/or the Fall 2009 semester. We look forward to celebrating next January with many more students. (See page 8 for another photo of luncheon students.)

Mich Sojda
Director, Academic Services Center

Luncheon in Franciscan Hall Atrium for 4.0 Hilbert Students (Spring & Fall, 2009)
THE BUFFALO LABORATORY THEATRE PERFORMS CYRANO

The Buffalo Laboratory Theatre (BLT) is proud to present *Cyrano*—an adaptation of Edmund Rostand’s classic tale of romance and adventure. It is a fast-paced, modernized staging that features the live music of David Wasik (with Jim Sturm) and a beautiful dance piece by Bonnie Jean Taylor. The performers use minimalist production techniques and pure, old-school theatricality to engage the 21st-century audience in a unique and exciting way. The production stars BLT favorites Ray Boucher, Golde, and Taylor Doherty.

Performances run from Feb. 12 to 14 and again on Feb. 18 to 20 in the William E. Swan Auditorium on the Hilbert College campus. Curtain is at 8 p.m., except for Sunday at 2 p.m. Tickets for Hilbert faculty, staff, and students are $5 apiece. For all others, the ticket price is $15, but for seniors and non-Hilbert students, it is $10.

Note: For Hilbert faculty, staff, and students only, the performance on Thursday, Feb. 18 is designated as “Hilbert Community Night”—tickets cost a dollar apiece for that performance! A portion of every night’s proceeds will go to Doctors Without Borders for their Haitian relief efforts—however, Friday, Feb. 19, is the BLT’s special benefit performance, with all proceeds going toward that fine cause. As an added attraction, the BLT is also delighted to announce a sweetheart of a deal, just in time for Valentine’s Day! For the opening weekend of *Cyrano* (February 12-14) you can reserve two tickets for the special price of $20 and get a coupon for a glass of champagne and dessert of a chocolate strawberry from Romanelli’s South Restaurant! This offer is valid February 12-19.

To take advantage of our “sweetheart of a deal” or to reserve tickets for any performance, call our box office at 716-949-4082. Visit us at www.buffalolabtheatre.org or be our friend on Facebook! See you at the show!

Taylor Doherty
Artistic Director, Buffalo Laboratory Theatre

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CALENDAR OF EVENTS, SPRING, 2010

(See article to the left for Buffalo Laboratory Theatre performance dates)

**February**

12 Second spring issue of H-Files distributed

Winter Ball (with dinner, beverage, music, dancing), 7 p.m.-12 a.m., Lucarelli’s Banquet Center, $15 for students with $5 reimbursement at the door; $15 for faculty, staff, guests, sponsored by SGA

16 Film Club meeting, 3:05 p.m., Bogel Hall, Room 150

Book Club Meeting, *Act Like a Lady, Think Like a Man* by Steve Harvey, 5:30-7 p.m., basement of Trinity Hall, sponsored by the Common Ground Club, Hilbert’s McGrath Library, & Office of Multicultural Affairs

17 Who Knows Who Best?—Game Night, 9 p.m., Campus Center

18 Open Mic Night in celebration of Black History Month, 6-8 p.m., West Herr Atrium, sponsored by Common Ground Club, Erika Haygood, Asst. Professor, Liberal Arts, & Office of Multicultural Affairs

22 Soup with a Smile campus office deliveries, 11 a.m.-1:30 p.m., S.A.D.D. Club

23 Film Club meeting, 3:05 p.m., Bogel Hall, Room 150

Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall

24 Soup with a Smile office deliveries, 11 a.m.-1:30 p.m., S.A.D.D. Club

Comedy Night with Matt Bergman, 9 p.m., Campus Center

25 Film Screening, *Crash*, 5-7 p.m., Palisano Lecture Room (Bogel Hall Auditorium, Room 101), co-sponsored by Student Activities Office & Office of Multicultural Affairs

26 Tubing at Colden Tubing Co., 4:30 p.m., shuttle leaves

**March**

1 Women’s History Lecture, Dr. Arlette Miller-Smith, Assoc. Professor of English, St. John Fisher College, “In Zamani—Past Time, Present Future: Black Forewomen’s Resistant Song,” 1:30-3 p.m., Palisano Lecture room (Bogel Hall Auditorium, Room 101), sponsored by Office of Multicultural Affairs

2 H-Files deadline

“Understanding your Student Loans,” 2-3 p.m., Bogel Hall auditorium (Room 101), by Student Finance Office staff

3 “Understanding your Student Loans,” 2-3 p.m., Bogel Hall auditorium (Room 101), by Student Finance Office staff

Hypnotist Keith Karluth, 9 p.m., Swan Auditorium

5 Battle of the Bands competition, 7 p.m., Swan Auditorium

6 Play performance, *Belle*, 8 p.m., Ujima Theater, 545 Elmwood Avenue, Buffalo, pre-performance reception time, 6:45 p.m. sponsored by Dr. Joan Crouse (Liberal Studies) & Office of Multicultural Affairs

9 Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall

11 Film, *Race—the Power of an Illusion* (Episode II: “The Story We Tell”), 12:30-2 p.m., Bogel Hall, Palisano Lecture Room (Bogel Hall Auditorium, Room 101), sponsored & coordinated by Erika Haygood, Asst. Professor, Liberal Arts, & Office of Multicultural Affairs

12 Third spring issue of H-Files distributed

23 Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall

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THE H-FILES’ PHOTO CONTEST

The deadline for the photo contest is now past. Seventeen entries were received, but because they came so close to deadline, it was not clear until then whether the contest overall would have to be postponed.

Instead, the contest has closed on time, but announcements of the winners will need to be deferred until the third issue of *The H-Files*, which will become the semester’s Photo Contest issue.

During the interval between the second and third issues, selections will be made by a panel of judges for a $50 first prize and a $25 second prize, with those two pictures and several more top photos appearing in the March 12th issue of *The H-Files*.

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BRING YOUR TASTEBUDS TO THE TASTE OF HILBERT

On Feb. 23, from 11 a.m. to 2 p.m. the Hallmark dining service will be offering its annual Taste of Hilbert in the Dining Hall on the second floor of the Campus Center.

Participating vendors will be on hand to enable students, staff, and faculty to sample new items—for free!

Laura Ferrara
Hallmark Dining Service
POPULAR VS. SCHOLARLY SOURCES

by Lindsey Kelly

On Jan. 28 I attended the Popular vs. Scholarly Sources Smackdown. Before going down to the McGrath Library to do this event was actually work. To my surprise I have to do with school partially because it was something I would ever take to be the most boring thing I would ever take. I had every intention that this was going to be the most boring thing I would ever take in. I thought this partially because it was something that would have to do with school work. To my surprise this event was actually quite helpful in many ways.

When I got to the library Ms. Donahu asked us what the definition of a periodical was. Neither of us attending had any idea what she was talking about. She then told us that it was a publication that appears at regular intervals of time. After explaining what a periodical was, she then proceeded to ask us what a publication was. I figured that from the root word “public” it must have had something to do with a written piece of work that was published and available for other people to view.

After she told us the definition, she asked us to think of some examples of written work that was published. We knew that magazines, newspapers, and journals were published and were also put out daily or monthly, which would make them periodicals. After we learned the definition of “periodical” and discovered some examples, Ms. Donahu then asked us to classify the periodicals into three separate groups.

Honesty, I had no idea that journals had classifications. I learned that there were three types of periodicals: scholarly journals, professional/trade journals, and popular magazines. At the beginning of the scholarly article, there are two things to recognize. An abstract of the article, which basically is an overview of what you are about to read, and the title of the article, which usually is not as catchy as a magazine article title may be. As you are reading through the article, you will notice statistics consisting of charts or graphs. Lastly at the end of the article you will see a list of references. Scholarly journals are also issued less frequently.

The second type of journal is a professional journal: these journals focus on a specific interest such as “Professional Law.” Simply by looking at the name of the periodical, you can see that this journal is targeted to a specific group of individuals. As you are reading through it, you will notice that the articles are typically short, and usually the titles of the articles are straightforward.

This is where many people confuse professional journals and magazines, because they have many of the same features. Both of them have glossy and attractive covers; both of them have many consumer ads; and both of them are issued weekly, biweekly, or monthly. One of the differences they have is that a popular magazine is designed to entertain or persuade readers. Professional journals are designed to examine problems or concerns. I now know that when one of my professors requires the class to use scholarly sources, popular sources, or professional sources, I can choose the correct source to fulfill their requirements.

JOIN THE SGA!

by Heather Bello

The Student Government Association (SGA) has open positions available! If anyone is interested in running, he or she can stop by the Student Activities Office on the lower level of the Campus Center to find out more. Joining SGA is a great way to become more involved and gives one an opportunity to be involved in helping to make Hilbert a fun and exciting place to be. We, as students, help to run lots of events and really do have a voice in what goes on.

The available positions are these: One freshman representative; one sophomore representative; two junior representatives; two senior representatives; & four representatives-at-large.

The duties of these positions include serving as a representative of the student body, participating in club events, helping to develop ideas and events for the campus, and supporting SGA and the Hilbert community.

So come out and get involved! But even if you don’t think SGA is for you, stop by and drop ideas for us in the suggestion box outside the Student Activities Office.

HUMAN SERVICES & REHABILITATION ASSOCIATION HOLDS FUNDRAISER

The Human Services and Rehabilitation Association held a spaghetti dinner fundraiser from 4:30 to 6:30 p.m. on Feb. 3. The club is raising money to help students attend several conferences this semester and sponsor a Big Brother and Big Sister event evening at Hilbert. The club will have a mini basket raffle also.

JOIN THE SGA!

by Steve Marchitte, HC SIFE Vice President of Marketing

What is SIFE? SIFE (Students in Free Enterprise) is a global non-profit organization active on over 1800 college and university campuses in over 40 countries and territories. SIFE is funded by financial contributions from corporations, entrepreneurs, foundations, government agencies, and individuals. Working in partnership with business and higher education, SIFE establishes student teams on university campuses. These teams are led by Professor Roland, SIFE advisor, and they are challenged to develop community outreach projects that reach SIFE’s five educational topics:

- Market Economics
- Success Skills
- Entrepreneurship
- Financial Literacy
- Business Ethics

This organization is a great way to meet new people, do things you have never experienced, and do some traveling around the world. New members are always welcomed. If you have any questions, please contact Professor Roland, SIFE advisor, or Jon Clark, President.
I was also the project to become a team much ally ended up making the preparing for the trip. My role for this year’s growth. pass my expectations to which was originally a difference this year was ond trip to the Dominican. This year was my sec the DR. The society is community issues in the U.S. and although discussing the commun my surroundings as we learned to speak Spanish was unforgettable. The gratefulness that was expressed by all whom we helped was extraordin the work we did just to begin to better their lives. I would go on this trip again in a heartbeat. To take one week out of my Winter Break is nothing compared to what I was able to do and the memories I shall have forever. Being able to witness this taught me a valuable lesson. No matter what, there is always room to help others around you. Where these people have little to nothing of their own, they are more than willing to help. They must see and understand the effort it will have in the future. This experience has changed me because I have been in some of the poorest neighborhoods of Bani, DR, that one could imagine and it has taught me that happiness can still be achieved. The smiles on the children’s faces when we played a game with them and attempt to speak Spanish was unforgettable. The gratitude that was expressed by all whom we helped was extraordinary compared to the work we did. The community we were working with down in the DR. The people were all about the work we were doing and as the days progressed, they were right alongside us helping themselves and even their neighbors. It was really inspiring to see and not typical. Be

**SIFE DOMINICAN REPUBLIC**

by Jon Clark

This year was my second trip to the Dominican Republic with SIFE and was just as rewarding as the previous year. The difference this year was having a smaller group, which was originally a concern that I had when preparing for the trip. The smaller group actu ended up making the trip even more memorable than last year. The group’s size forced us to become a team much faster than before, which allowed the team to surpass my expectations of growth.

My role for this year’s trip was to document the events and help with each project as necessary. I was also the project manager for the Flaran lesson, which worked with a group of local entrepreneurs to allow them to learn how to bet their businesses. This year I learned more about how to be a leader and inspire people to carry out tough projects and not get discouraged. When we were there, we witnessed several communities and saw what it meant for them to work together for a com mon cause. For example, when we were planting the gardens, each family helped get the others set up. It also allowed them to network and share the surplus of goods from the gardens. When the difer

Continued on page 10

**DIGGIN’ DOWN IN THE DOMINICAN REPUBLIC, 2010**

_by Emili Ripley_

I was lucky to be given the opportunity to travel to the Dominican Republic with a few members of the Hilbert College SIFE organization in the winter of 2010. The group participated in all the projects we performed in the various neighborhoods.

There were four students: Jayne Rhein, Chad Thompson, Jon Clark, and me. Also, we had one advisor, Professor Dan Roland, who attended the service trip. We were very fortunate to have a few translators with us at all times. There were two college students who helped us with many of the projects and Sister Roberta was our connection with the communities we visited.

Each day we would set out to our service loca tion in a small Japanese truck. Everyone would sit in the back to enjoy the surroundings as we traveled through the towns. When we arri on the site, we worked with people who were a part of the micro-loan program we set up through Sister Roberta. Sister Roberta and a few members of the team would make sure that the loan money was used properly. They checked up on the people throughout the months that we could not be down in the DR. Sister kept the members of SIFE updated with the progress of the peo ple and our projects.

I went on this trip as a freshman and the project manager meeting with one of the local business owners to talk about his financial records. He had no record keeping business, but had no way of keeping his records and knowing how much money he had. Professor Roland and I spoke with him and one of the translators about how to keep a checkbook. We supplied him with about a dozen check books to keep track of his money throughout the next year. Juan did not know what his starting money was, so we had to explain to him how to record every transaction into his book. Juan told us that he wanted to buy a new generator for his house but he would need to make a profit each month and save to buy a new one. We asked him how much he could usually make monthly and what his total expenses were so we could estimate how long it would take him to save up for it. We figured that it would take him about eight months to save enough money to purchase a generator. Juan was greatly appreciative of this and we could help him with his business.

Last year the SIFE group made him a ga rage to work in for his business and this year we helped him with his records. We worked to find a job for him in the back. He had to make sure he was keeping his business books and handle his savings. I really liked working with Juan and talking to him about improving his business. He was very appreciative of this in this part of the trip because I was helping him with his accounting. I know the knowledge Professor Roland and I teaching him was very basic and it is something we learn when we first start making money, but I know it was extremely benefi cial to him.

As a result of the trip I have learned a lot of people that there can be true, hard work and love in a community that has very limited posses sions. The people we worked on the proj ect lived in houses with only one to two rooms, and some were made of tin. Other families were very lucky enough to have cement walls and floors, but the houses were much smaller than what we are used to seeing here in the United States.

When we first started working in the neigh borhood, the hosts mostly stood around and watched. They did not seem too interested in participating in the work, but as the week went on, that mindset changed tremendously.

The last day we were working in the commun ity we were making tire gardens for the micro loan participants, and the families were giving us a hand whenever they could. In these gardens we planted tomatoes, squash, green beans, lettuce, and others. One of the women from the community traveled with us to all the houses to help us speak to the natives about how to make their garden grow the best.

One house sold produce for their family income and we ran out of tires when we got to their house, so we made a rock garden for them. We knew they would need the garden the most, so we students wanted the family to participate in the project. Seeing the people come together by the end of the week was really great because they do it only live right down the street from each other. I hope they will be helping each other out in the future, more than they have in the past.

The time when I think our group came together as a team was at every meal. We ate breakfast, lunch, and dinner together every day. We were able to talk about the day ahead of us and what we experi enced individually. We had reflections at night and my reflection was to give your “high” and “low” for the day. This is when you choose what you liked the most throughout the day and what you disliked the most. We were able to work what each other observed and what each wanted to fix for the next day. Reflecting with others was a great way to really get to know the members of the group to learn what they were thinking during the day and how something impacted them from the trip.

This was not my first service trip I have been on, but it was definitely the most eye-opening. I experienced a complete different culture for a week, which teaches one a lot about other people. I did not have any distractions from school or being busy, so I could focus all my energy on the purpose of the trip.

After seeing how these people live, you tend to be a lot more grateful for everything you have at home. You become less greedy and more gracious about your surroundings and possessions. Family is something the Dominicans care a lot about and in the United States it seems to be a subject that is becoming more and more important. We should embrace our family members with love and be thankful they are in our lives. They are the only people who will genuinely be there for you forever.

I hope SIFE members are able to continue going on service trips like these in the future, even if they are not all going to the same spot. We have made great connections with the people there and the experience is always a learning one. We gained so much cultural and I would recommend everyone to participate in any kind of mission trip they can. It changes you as a person and how you look at things in life.
PHOTO GALLERY

Hilbert Students Attending 4.0 Luncheon on Stairs Facing Franciscan Hall Atrium

Jessica Morey Makes a Step-Around Pass Against Franciscan University of Steubenville

Cody Troutman Hits a Long-Range Shot Against Franciscan University of Steubenville
Half-Time During the Men’s Basketball Game on “Pack the Gym” Night

PHOTO GALLERY

Two Contestants for the Blu-Ray DVD Contest: R. J. Sykora (Men's Soccer) & Sam Lawrence (Women's Soccer)

Left to Right (Mainly Men's Volleyball): Rob Moyes, Adam Clabo, R. J. Sykora, Dan Wolfe, Dan Russell (Men's Soccer), & Anthony Blasz

Katie Newton Drives Hard to the Hoop Against Medaille College

Dan McFarland Drives the Baseline Against Greensburg on Martin Luther King Day Game, Jan. 18

See film review on page 13

The Breath-taking World of Pandora in Avatar

Avatar's Sam Worthington as Jake Sully & Zoë Saldana as Neytiri
PROJECT MANAGER OF SERVICE LEARNING TRIP

by Chad Thomson

My role was the project manager of the service learning trip. I helped with every project that was completed on the trip. Also, I was in charge of the garden at the nutrition center and the tire gardens at the individual micro loan houses. Teamwork was developed even more than before, along with community awareness while we were performing the projects. Patience was also learned because of the language barrier. The moment or event that transformed individuals into a team occurred the first day of the projects, with no hesitation on anyone’s part when asked to help with a project. Everyone went with a partner to complete what was asked of each of them with no complaints. In consequence, “community” would be defined by me as a group of people living together in the same area and helping each other. While we were doing the tire gardens, the whole community came together and helped each other without hesitation. The most valuable lesson I learned from this experience was to be thankful for what we have here in America, that things could be worse than how I have it, to be thankful for all the little things, like clean water and a roof on my house. It felt great to give back to a community that needed our help. These people have nothing compared to us, so that even a little paint can change everything for them—a life-changing experience that I would not hesitate to do again. Regarding an overall assessment, things can always be improved, no matter what they are. All the projects were completed, but more could always be done with more people on the trip. It was a great learning experience for Hilbert students and for the communities we helped. The people in that community will always remember the students from Hilbert College and we as students will remember them.

How can this SIFE service learning experience be improved? By making a class for the trip that teaches students about the community and culture that we will be helping. Also, if credit is given for the trip and class, maybe more people will attend and more good can be undertaken.

COMMON GROUND BOOK CLUB PRESENTS

February 16, 2010
Trinity Hall Basement
5:30 p.m.–7 p.m.

Quick Summary

This book offers surprising insights into the male mentality with a very down-to-earth flow. Also, it is filled with practical principles, rules, and tips for relationship-building. The book examines the “real deal” about the differences between “sexes” and how to bridge them for mutually rewarding partnerships.

Plus there are hilarious chapter titles including these: “Men Respect Standards—Get Some,” “Why Men Cheat,” “Mama’s Boys,” “Sports Fish vs. Keepers,” “We Need to Talk, and Other Words That Make Men Run for Cover,” and “How to Get the Ring.”

We will cover such topics as how this book can relate to your life or relationship. Do you think all women and men should read this book? Will it help relationships? What did you find funny, thought-provoking, and/or irritating?

How to obtain the book:

1. Students can borrow the book from the Hilbert library reserve system.
2. Students can purchase the book for four dollars at the Office of Multicultural Affairs in Bogel Hall, Room 103B.

Note: The book should be read by Feb. 14, 2010.

This book is truly a page-turner, filled with lots of laughter. We hope you will come out and join us! Refreshments will be served!

Sponsored & Coordinated By: Common Ground Club (CGC)
Hilbert McGrath Library Office of Multicultural Affairs
Contact Person: Laura Wilson, VP of CGC
E-mail Address: lwilson@hilbert.edu

HOPE FOR HAITI

The S.A.D.D. Club will be placing small jars around campus for a “UNICEF for Haiti” campaign.

Please think about placing your loose change (that won’t be missed) in these small jars. Every little bit will add up so that Hilbert can help make a difference.

Phyllis Dewey
Advisor, S.A.D.D. Club

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Phyllis Dewey
Advisor, S.A.D.D. Club
Office Hours: Monday – Thursday, 8:30 a.m. – 5 p.m.; Friday, 8:30 a.m. – 4:30 p.m. Telephone: 649-7900

Classified Ad

Textbooks bought and sold, new & used, online buybacks. Buy, sell, rent at cheapbooks.com (260) 399-6111. espanol (212) 380-1763, urdu/hindi/punjabi (713) 429-4981, see site for other support lines.
DAFFODIL DAYS
(Give Daffodils, Give Hope)

SOUP WITH A SMILE
& DAFFODIL DAYS ORDERS

Orders for soup are now being taken by the Hilbert College Students Against Destructive Decisions (S.A.D.D.) Club. For only $3, you can order homemade chili or chicken noodle soup with a dinner roll and crackers. Soup orders will be delivered to your office from 11 a.m. to 1:30 p.m. Feb. 22 and 24. To reserve your order, call ext. 555.

Proceeds from Soup With a Smile will benefit Hilbert S.A.D.D. Club community service efforts. The S.A.D.D. Club is also taking orders until Feb. 15 in support of the American Cancer Society’s Daffodil Days program. Items range in price from $7 to $25. Order forms have been placed in campus mailboxes and in Franciscan Hall and Bogel Hall faculty/staff lounges.

To obtain an order form or for more information, contact Phyllis Dewey at ext. 232.

Paula Witherell
Director, Public Relations

Gift of Hope - $25
The Gift of Hope supports the American Cancer Society’s mission and enables the Society anonymously to deliver flowers to a health care facility in your community. Your contribution helps to fund the American Cancer Society’s life-saving research, education, advocacy, and patient service programs.

Bear of Hope - $25
Help brighten a pediatric oncology patient’s day and spread the message of hope. This gift of hope will provide a 2010 Limited Edition Boady Bear to a local pediatric facility (quantities limited).

Fresh Cut Flowers - $10
Enjoy beauty and renewal of spring with daffodils.

Potted Bulbs - $10
Treat someone to continued blooms with a pot of daffodil bulbs.

Bear and a Bunch - $25
Spread the message of hope with ten stems of daffodils and a 2010 Limited Edition Boysd Bear (quantities limited).

Hope T-Shirt - $15
White with yellow and orange daffodil design. Sizes S-XXL.

Hope Note Cards - $7
Set of ten cards with envelopes

If you or someone you know needs help with a gambling problem,

If you or someone you know needs help with a gambling problem, call 1-800-437-1611.

Phyllis Dewey
Director, Counseling Center

S.A.D.D. SUPPORTS BUFFALO CITY MISSION’S
“FEED THE HUNGRY” EVENT

The Buffalo City Mission is sponsoring a “Feed the Hungry Event.” It will be held the whole month of February.

Since February is typically the coldest month of the year, the number of homeless men, women, and children will greatly increase. In an effort to fight this trend, the Buffalo City Mission will host its

“Feed the Hungry Event” with an onsite Mission Concert and a community-wide online scavenger hunt through www.hungerhunt.com. The onsite mission concert will be held Feb. 13, from 7 to 10 p.m. and the online Scavenger Hunt is for the twenty-eight days of February. Please visit the above site for details of the online scavenger hunt. Here you will learn about the points and prizes to be received every day for participating. Since Buffalo is the third poorest city in the nation, this event is a great opportunity to make a real difference by educating about homelessness and to

Compulsive Gambling and College Students

Gambling among college students has become increasingly popular, largely due to televised Texas Hold ‘Em tournaments, and increased accessibility and availability of gambling opportunities on the Internet. Additionally, the availability of credit to college students can result in significant bank and credit card company debt. Students gamble on campus, at a friend’s house, at nearby casinos, racetracks, and other gambling venues. Gambling today is more accessible, more accepted, and more glorified than ever before but can lead to serious consequences for college-age gamblers.

Reasons Students Gamble

* Chance to win money
* Excitement of placing a bet
* Spending time with friends
* Distraction from everyday life
* Belief it is an easy way to get rich quick
* Acceptance among their peers
* To feel the “rush” of winning
* To feel important

Consequences

* Don’t leave their room because they’re too busy betting online
* Drop out of school or risk academic and athletic scholarships
* For a perceived chance at a better future by gambling
* Experience serious financial and personal difficulties due to gambling
* Experience thoughts of suicide

Warning Signs

* Thinks constantly about gambling
* Relies on others to get out of debt
* Is absent or late for work or school due to gambling
* Has unexplained money or new possessions
* Is impatient with or ignores friends and family
* Delays or does not make payment of bills including college tuition
* Uses credit cards for cash advances
* Sells possessions
* Steals money to gamble
* Gambles for longer periods of time than intended
* Gambles in spite of negative consequences
* Gambles as a way to escape problems
* Increases amount of bets to recoup losses

It is important to note that an individual with gambling problems may not necessarily exhibit all of these behaviors.

Back Pack Basics

While it may seem a little far-fetched, wearing a heavy backpack day in and day out over the course of months or years may increase the risk of spinal injury. Carrying heavy loads will cause you to adopt compensatory and faulty postures. These compensatory postures cause undue strain on the neck, shoulder, and back soft tissues. Spinal disks are compressed unevenly and more muscular energy is required, which can lead to fatigue and possible soft tissue damage. In 1999, more than 3,400 students between the age of 5 and 14 years went to emergency rooms for injuries related to backpacks according to the United States Consumer Product Safety Commission. Injuries, if left untreated, will only get worse through the years.

So how do you avoid back pain by backpack? Here are some simple backpack safety tips:

1. Wear the backpack over the middle of the back, not high around the neck or low around the waist.

2. Wear both straps. Don’t carry the weight of the backpack on one shoulder.

3. Minimize the contents in the backpack. The weight of the backpack should not exceed 10% of your body weight.

4. Keep heavy objects closest to the body.

It is also important to recognize backpack warning signs:

1. You have difficulty lifting the backpack.

2. Side-bending, forward-bent, or arched-spine postures to adapt to the weight of the backpack.

3. Pain when wearing the backpack.

4. Tingling or numbness.

Phyllis Dewey
Director, Counseling Center

Page 12/The H-Files

OFFICES

NOT JUST A GAME OF CHANCE

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Compliments of Hamburg Physical Therapy

Continued on page 13
ARTS & ENTERTAINMENT

HAPPY BIRTHDAY, MOZART

by Regina M. Ernst

When people mention the Buffalo Philharmonic Orchestra, my mind immediately reverts to the days when my grammar school would sponsor class trips to Kleinhans Music Hall. Though many of us were very talented, and certainly none of us knew enough about Classical music to sit there for two hours and enjoy a handful of concertos. These were my sentiments until the night of Saturday, Jan. 23, 2010, when I attended the BPO’s “Happy Birthday, Mozart” concert, which celebrated Mozart’s two hundred fifty-fourth birthday.

I came with no expectations, but the first piece, the Overture to The Abduction from the Seraglio, K. 384, absolutely dazzled me. I instantly appreciated all the facts I had heard of the near perfect acoustics of Kleinhans. The sound of every instrument was so crisp and clear, despite my leftwards balcony seat, and the combination of each musician’s talents blended flawlessly. It was a quick piece, but upbeat and impressive.

Next was the Concerto in C Major for Oboe and Orchestra, K. 285d [314]. Again, my point of reference was my childhood—a time when I would cringe as my friend would pace around the house blowing into her oboe to practice, the sound of which never amounted to more than a duck’s elongated quack. Pierre Roy, member of the BPO since 1995, shattered my memories. His quick-fingered scales embodied Mozart’s dream for featuring the oboe in such a way. The tune was pleasant, though at times the solos seemed a little self-indulgent.

Concerto No. 5 in A Major for Violin and Orchestra, K. 191, “Turkish,” followed Roy’s performance. It featured seventeen-year-old violinist Caroline Goulding. For me, this was the highlight. I’ve always been biased towards stringed instruments, especially the violin. That was my instrument of choice in third and fourth grade. Though I never really understood how to harness the instrument’s potential, I at least learned how tricky it was to master. Since those days, my ear prefers the strings, and Goulding’s performance was brilliant.

Her fingers moved up and down the strings as quickly as a spider whose web just caught dinner. Her self-harmonization was seamless and precise. Each movement brought a new series of sounds, and the call and response between Goulding and the orchestra sounded as if you were listening in on a sophisticated conversation.

The orchestra finished with Symphony No. 35 in D major, K. 385, “Haffner.” It was nice to have the percussionists back (they had only played during the first piece). What made this symphony a wonderful closing piece was that Mozart intended the musicians to play the last movement as fast as possible. You can imagine all of the string musicians dragging their bows across their instruments so quickly that the action almost looked violent. However, the sound was heavenly. I couldn’t wipe the smile off my face.

If attending such a concert appeals to you, the Buffalo Philharmonic is currently having a promotion in which they are selling the FlexPass. It is an open set of four vouchers that you can use any time during the season, which runs until mid-June; there are over thirty performances remaining. If you call the BPO at 716-885-9371 and mention you’re from the Hilbert College community, you’ll receive an additional special offer with your purchase. Visit www.bpo.org for details about upcoming shows.

STAMP OUT HUNGER EFFORT TO AID AREA HOMELESS

As part of the Buffalo City Mission’s Stamp Out Hunger initiative, the Hilbert College Students Against Destructive Decisions Club will be collecting donations of toothbrushes, towels, blankets, and other items to benefit area homeless.

Donated items being collected by the S.A.D.D. Club may be placed in collection boxes located in buildings around campus or dropped off at the Hilbert Counseling Center on the upper level of the Campus Center.

Paula Witherell
Director, Public Relations

Go to HungerHunt.com and register for an online Scavenger Hunt. It’s FREE! So don’t just sit there — be part of the solution.

WIN PRIZES! Each day you visit the site during the 28 days of February, you’ll earn valuable points you can use to win great stuff! Winners will be announced daily. Runner-up and grand prize winners with the most points earned will be announced the first week of March.

The value of your participation will be the knowledge you gain and the support you provide to help stamp out hunger (must be 18 or older to participate). Family involvement is encouraged.
Sunyit Hit Their Way to Victory

Hilbert College men's volleyball lost a heartbreaker to SunyIT in a 5-set match on Jan. 23 (28-30, 30-16, 30-27, 28-30, 12-15). The Hawks looked like they were in control after the third set, but the Wildcats came back in the fourth set to steal the game. That momentum carried them into the fifth and deciding set, sealing the victory. The largest point differential was in the second set, which Hilbert won 30-16, but all other sets were three points or less. Hilbert (0-3) was led by Dan Wolfe (Rochester, NY/ Irondequoit) with 17 kills, and junior R. J. Sykora (Stow, OH/Munroe Falls) led in hitting percentage (33%). Freshman middle hitter Anthony Blaz (Eden, NY/Eiden) was on fire in the second set, hitting 50% and scoring two aces. Sophomore setter Vince Amico (Buffalo, NY/Bishop Timon-St. Jude) passed for 36 assists to his teammates. Jeff Coon (Cheektowaga, NY/Cheektowaga) had a monster game at the net for SUNYIT (2-1). The freshman had 33 kills and three assisted blocks.

The Hawks fell to both opponents, Johnson & Wales (RI); at 1 p.m. Hilbert hosting J & W, and then D'Youville and Hilbert finishing the day with a cross-town, non-conference match at 3 p.m (see adjacent article). Office of Sports Information

The Village of Hamburg Recreation Department's Hamburg Little Cagers (the girls and boys nine & ten age group) played during the Jan. 13 half-time of the Hilbert women's and men's games respectively against Penn State Behrend. The girls showcased their outstanding basketball skills, demonstrating their talent, good sportsmanship, and love for the game.

The boys played a ten-minute basketball game, showing the skill and enthusiasm of all participants.

Julie Bossard (Arkport, NY/Canisteo-Greenwood) led Hilbert with her first double double of the season, tallying 13 points and ten rebounds. Frostburg was led by Elizabeth Carrington with 13 points and a team-high three assists. The Hawks' record dropped to 0-14 overall and 0-9 in the AMCC conference.

In first-half action, the Hawks trailed the Bobcats 13-32 after twenty minutes of play. Freshman forward Katie Newton (Elba, NY/Elba) led the Hawks with five points and four rebounds. Sophomore guard Mary Zinni (Batavia, NY/Batavia) and sophomore forward Brock Coon (Cheektowaga, NY/Cheektowaga) each chipped in four points for the first half totals.

In the second half, The Bobcats took a commanding 33-point lead halfway through the second half. Frostburg was able to maintain the margin throughout the rest of the game, outscoring Hilbert 33-66 for their 11th victory of the season.

Hilbert's record now dropped to 0-14 overall and 0-9 in the AMCC conference.

Office of Sports Information

Mary Zinni Drives Hard to the Hoop

Bobcats Double Double

The Frostburg State Bobcats entered the game on Jan. 16 boasting an AMCC record of 7-2. The Bobcats once again improved their record after the day's contest, defeating the Hawks 66-33. Julie Bossard (Arkport, NY/Canisteo-Greenwood) led Hilbert with her first double double of the season, tallying 13 points and ten rebounds. Frostburg was led by Elizabeth Carrington with 13 points and a team-high three assists. The Hawks' record dropped to 0-14 overall and 0-9 in the AMCC conference.

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Hilbert's record now dropped to 0-14 overall and 0-9 in the AMCC conference.

Office of Sports Information

Hawks Host Tri-Match — Fall to Both Opponents in Four Games

On Sunday, Jan. 24, the Hawks hosted a tri-match in Hafner Gymnasium. Despite the strong effort from the young Hilbert squad, the Hawks fell to both opponents, Johnson & Wales (RI); at 1 p.m. Hilbert hosting J & W, and then D'Youville and Hilbert finishing the day with a cross-town, non-conference match at 3 p.m (see adjacent article). Office of Sports Information

With only 40 minutes in between games between the Hawks hit the hardwood again to take on D’Youville College. The action in the first and second games saw D’Youville victorious over Hilbert 15-30 and 22-30. The Hawks remained poised, however, taking the third game from the Spiders, 30-27. The second set result in the fourth game would decide the match, giving D’Youville a three-to-one win on the day. Wolfe would lead the Hawks again in digs, recording 16, while Amico added another 23 assists to his season total.

Office of Sports Information

Franciscan Captures Victory over Hawks in Men's Basketball

Despite leading by 11 points at halftime, the Hilbert men’s basketball team lost a close battle on Jan. 31 to Franciscan University of Steubenville, 84-73. Junior guard Cody Troutman (South Dayton, NY/JCC) led the Hawks on offense with 13 points and five assists, while Dan McFarland (Lancaster, NY/ St. Mary's) pulled down ten rebounds. Freshman forward Roman Brown (Buffalo, NY/ South Park) also contributed 11 points in the loss. Hilbert's record now falls to 1-14 in the AMCC and 2-18 overall.

The Hawks were in sync offensively in the first period of play, shooting 51% from the floor. Freshman forward Jayson Weigel (Hamburg, NY/Hamburg) dominated play inside the lane, scoring nine points in just seven minutes of action.

Troutman led the Hawks at the half, registering ten points for the 41-39 margin in favor of Hilbert.

The Barons entered the second half in search of a comeback. They started their comeback run just 39 seconds into the half by scoring a three-pointer to cut the lead to eight. With 13:48 remaining in the game, a lay-up by Matt Liedel would tie the game at 46 all. Franciscan would take the lead shortly after that and continue to build on its lead for the rest of the game, increasing it as many as 14 points. The Hawks battled...Continued on page 15
Men’s volleyball captain Dan Wolfe and men’s basketball freshman Dan McFarland have been named Hilbert College’s Co-Studen-Athletes of the Month for January, 2010. Wolfe (Rochester, NY/ Irondequoit) led his team during their first month of competition in the ten match es played. Against SUNYIT this year. A few days later and 21 digs (personal best this year). Wolfe currently carries a 2.42 GPA while majoring in criminal justice program. McFarland (Lancaster, NY/ Franciscan Over Hawks Continued from page 14 to within four, but 58% shooting from the floor in the second half would prove to be too much for Hilbert, resulting in the 84-73 loss. Hilbert men’s volleyball team finished in fourth place in the gold bracket at the 11-team SUNYIT tournament Jan. 30 and 31. This is the highest finish by a men’s volleyball team since Andy Walker took over the program three years ago. Against Regis College, the Hawks earned their first win of the season 3-0 (30-24, 30-21, 30-18). With the win, the Hawks moved into pool play that afternoon against Stevenson University. Hilbert was defeated in 3 sets to Stevenson with scores of 30-21, 30-18, 30-20. In day two of the tournament, the Hawks faced Stevenson again but were not able to reverse the outcome. The Hawks played a more efficient match on Jan. 31, improving their kill total to 35 (23% hitting) en route to the 24-30, 23-30, 26-30 scores. The final match was against cross-town rival D’Youville College, whom the Hawks played one week earlier in Hamburg. The Hawks committed too many hitting errors which led to the 3-0 loss (30-26, 30-28, 30-23).

**HILBERT COLLEGE STUDENT-ATHLETES OF THE MONTH, JANUARY, 2010**

**PARROTT SCORES SEASON HIGH—HAWKS FALL TO LIONS, 72-84**

Freshman guard Chris Parrott (Warsaw, NY/Warsaw) scored a career-high 23 points on Jan. 30. Despite the career-high effort, the Penn State Altoona Lions would go on to defeat Hilbert 84-72. Parrott’s 23-point performance was the fourth time this season he scored 20 or more points in a game. Freshman Dan McFarland (Lancaster, NY/St. Mary’s) was the only other Hawk to score in double figures, adding 16 points. Hilbert fell to 1-13 in the AMCC and 2-17 overall.

After a back-and-forth first half with the score tied twice and two lead changes taking place, the Hawks trailed by 10 at halftime, 42-22. McFarland and Parrott were almost neck-and-neck in scoring points (12), (13), recording a combined 25 of the team’s 32 points for the half. McFarland was a perfect 2-2 from behind the 3-point arc. Altoona would push their lead to 15 with 16:26 left on the clock after a three-pointer by Zach Spitz. The lead would last for only four minutes, as the Hawks chipped away at the deficit, making the score 51-56 with 12:26 left to play. The fast-paced tempo established by the Lions throughout the game would continue to generate points, once again extending their lead to 15, with just two minutes remaining. The double-figure lead late in the game would remain too much for the Hawks, as the outcome was in favor of Altoona, 84-72.

**MAVERICKS TOO MUCH FOR HAWKS**

The Maverick College men’s basketball team continued its strong all-around play as they earned another road win at Hilbert College on Jan. 27. The Hawks stayed with Medaille for the first half of the game but the tide began to turn for Hilbert a few minutes after intermission when Medaille began the slow pull away. Medaille came out of the locker room with their offense in full gear and tightened up their defense the last 20 minutes of the game for the 89-62 victory. The home team dropped 22-16, 1-12 AMCC, while Medaille continued to separate itself from the rest of the conference with a 13-1 record and 18-1 overall. Hilbert gave Medaille a good scare to open the game up with consistent shooting by freshman Chris Parrott (Warsaw, NY/Warsaw) and sophomore Ken Sherrie (Lancaster, NY/St. Mary’s) found his shot in the second half (4-7) to finish the game with 14 points and a team-high eight rebounds. Freshman Andrew Bren (West Seneca, NY/West Seneca East) was almost perfect from the foul line, going 7-8 with 12 points. Parrott was the Hawks’ third double-digit scorer with 11 points.

Medaille had four players reach double figures, with Ron Malicki going 5-6 from the floor to lead all scorers with 15 points. Hilbert hosted two double-headers on the Jan. 30-31 weekend when Penn State Altoona and Franciscan University of Steuben hit the hardwood at the Hafner Center. On Saturday, Jan. 30 the tip was set for 3 p.m. but the game vs. Franciscan on the 31st was pushed back one hour for a 4 p.m. tip.
YIHIGAS HIRED AS SOFTBALL COACH

Hilbert College’s athletic department has announced the hiring of Peter Yuhas, Jr., as the new women’s softball coach. Richard Walsh, Director of Intercollegiate Athletics at Hilbert College, said, “I’m very impressed with Pete’s enthusiasm, passion, and knowledge of the game. Our softball program will benefit from these attributes immediately, and I believe this spring we’ll have a well-disciplined, fundamental team that will compete at a high level.”

Yuhas has been involved in Western New York softball for over thirty years as a player and a coach. Prior to his hiring in January, 2010, Yuhas assisted the Eden junior varsity girls softball team (22-2 record) during the 2009 season. Since 2002, Yuhas has been involved with the Eden Recreation softball league, facilitating skill training clinics for scholastic level softball players and helping the young athletes establish sound fundamentals which will ultimately make them better ball players.

Coaching travel softball has been as much a part of Yuhas’ life as his playing days competing in several WNY men’s fast-pitch leagues. “I grew up watching and playing the game alongside my father and current member of the Buffalo softball hall of fame, Peter Yuhas, Sr. My dad not only taught me the fundamentals of the game but a deep appreciation for the athletes who play it,” explained Yuhas.

Since 2006 he has been the head coach of the Hamburg Breakers travel softball 14U and co-coach of the 16U team. The 14U Breakers won the Niagara Frontier Divisional Champions in 2008. In 2009 after moving up to the 16U division, the team won a PONY regional qualifier in Ithaca, New York, enabling them to participate in the 2009 PONY National Tournament in Akron, Ohio, where they faced some of the best competition in the country. The team finished in the top twenty out of the 125 teams invited. Their success continued as the 16U team took part in the NSA World Qualifier Tournament. Their second-place finish qualified them for the NSA Eastern World Championship, which will take place in the summer of 2010.

Yuhas’ experience as a coach and athlete goes beyond softball. As an undergraduate student, he was a member of the Plattsburg State and the University at Buffalo Division II hockey programs. His playing abilities twice secured him a spot on the Empire State Games collegiate hockey team in the early ‘80s with competition at Lake Placid, New York.

After his playing years, he went on to coach a youth hockey team with the Buffalo Bison hockey organization.

Yuhas transferred to the University of Buffalo to earn a degree in environmental design and planning (‘83). He currently is an independent sales and marketing consultant.

Yuhas resides with his family in Boston, NY.

HILBERT HITS THE OFFENSIVE BOARDS

22 Offensive Boards Is a Season Record

The Hilbert women’s basketball team bounced back from a Jan. 27th conference loss when they hosted Penn State Altoona on Jan. 30. The Lions came in with a 10-4 AMCC record (fourth place), yet the winless Hawks did not back down.

Altoona finished with the victory (80-47), but Hilbert’s offensive rebounding and extra effort for loose balls transitioned into more team points, which in itself was a moral victory for the team.

Hilbert’s aggressive mind-set resulted in more steals, more trips to the foul line, and more assists than in their recent games. The Hawks out-rebounded the Lions on the offensive end (22-21), with freshman forward Katie Newton (Elba, NY/Elba) grabbing five of her seven there. Newton and fellow teammate Amanda Dudek (Tonawanda, NY/Tonawanda) led the squad in rebounding with seven apiece. Hilbert had three players reach double digits in scoring with Newton leading the way with 12 points off 8-11 from the charity stripe, followed by freshman Amber Gрош (Depew, NY/Depew) and sophomore Mary Zinni (Batavia, NY/Batavia) with 10 points each. All eight Hawks filled the scoring column on the stat sheet.

Past Her Defenders Against Altoona

Felicia Harris Penetrates

Marissa Lucas led the way with 24 points in 23 minutes for Altoona as all ten players shared court time. Altoona held a 37-17 lead at half time and turned it up another notch in the second half, shooting 18-30 (60%) from the floor.

MUSIALOWSKI MOVES TO HEAD BASEBALL COACH

Jonathan Musialowski enters his third season associated with the Hawks’ baseball program. In January, 2010, he was promoted to head coach after serving as the number one assistant his first two seasons.

Musialowski assumes leadership of all facets of the baseball program and continues to prepare and organize his squad so that they may reach the next level of Hawks’ baseball.

“I am pleased that Jay has accepted the challenge to become the permanent head coach. His confidence and leadership styles are qualities that will take our baseball program up another notch,” said Richard Walsh, Director of Intercollegiate Athletics at Hilbert College.

“My ability to transition from assistant coach to head coach means the Hilbert baseball program won’t skip a beat,” commented Musialowski. “We will continue to build on the successes of prior seasons and focus on the areas that need improvement.”

He continues, “I look forward to the chance of building our program through recruitment in an effort to take it to the next level. Over the past three years I’ve watched our student-athletes grow both on and off the field. It has been a very rewarding experience and one that I am excited about continuing as their head coach.”

A three-year professional player in the Independent League, Musialowski has pitched for the Kalamazoo Kings, of the Frontier League, in addition to the Sussex Skyhawks and Atlantic City Surf of the Can-Am League.

Since 2005 he has served as an instructor at the Inferno Baseball School at New Era Park, Western New York’s top-rated indoor baseball facility. He also spent the 2005 and 2006 seasons on the coaching staff at nearby Canisius High School in Buffalo.

Musialowski earned an associate’s degree in marketing from Rochester Institute of Technol ony in 2002. During his time with the Tigers, the infielder and pitcher was a two-time Empire Eight Athletic Conference selection, making the all-rookie team in 2001.

In 2003, Musialowski moved on to Division I Virginia Tech, where he became a starter in the outfield and on the mound. He was a member of the Big East Conference All-Academic Team in 2003 and 2004, and as a dean’s list student earned a bachelor’s degree in marketing management after two seasons with the Hokies. Highlights include a pitching win over sixth-ranked Notre Dame University and current Chicago Cub Jeff Samardzija, and a game-winning walk-off double to beat 14th-ranked Boston College.

Musialowski currently resides in Cheektowaga.